# **Instructions for Symptomatic Individuals**

You are being directed to isolate at home because you are sick

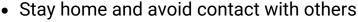
If you have symptoms of COVID-19, schedule a test





Testing sites are located throughout the county. For more information and to schedule a test scan this QR code or visit: <a href="https://bit.ly/cchdtesting">https://bit.ly/cchdtesting</a>





- Contact your healthcare provider if symptoms worsen
- Stay away from others, especially vulnerable individuals
  - Anyone with chronic health conditions
  - Elderly individuals



### What is Isolation?



Isolation is used to separate people sick with COVID-19, from people who are not infected.

In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

## **Returning to Normal Activities**



### **Negative Test Result**

Refer to your employer, group, or team's specific illness policies



Isolate for 10 days



**24 hours without a fever** (no use of fever-reducing medications)



Symptoms have improved

### Identify and inform close contacts



- 6 feet or less for 15 minutes or more
- AND 48 hours before symptoms began or specimen for test was collected

